

## Briefs . . .

### Women’s History Month ceremony

The Fort Sam Houston Women’s History Month Commemoration will be held Tuesday from 10:30 to 11:30 a.m. at the Sam Houston Club. The guest speaker will be Brig. Gen. Carla G. Hawley-Bowland, commanding general, European Regional Medical Command. The event is free and open to the public. For more information, call Master Sgt. Michael Boehringer at 221-9276 or e-mail Michael.boehringer@amedd.army.mil.

### Navy Recruiting change of command

Navy Cmdr. Frank W. Pearson will relinquish command of the Navy Recruiting District, San Antonio, to Cmdr. Warden Heft during a change of command ceremony Friday at 10 a.m. in front of Building 2376, Stanley Road. The ceremony will also include a retirement ceremony for Pearson, who is retiring after 23 years of service. For more information, call Kristi Kelly at 295-9694.

### NCO Course change of responsibility

First Sgt. Eduardo Martinez will relinquish responsibility of the Basic Non Commissioned Officers Course, NCO Academy, to Master Sgt. Richard Watson during a change of responsibility ceremony Friday at 4 p.m. at the NCO Academy, Building 1397, Gardner Street.

### Army Emergency Relief Fund Campaign

The 2006 Army Emergency Relief Fund Campaign will begin with a meeting for project officers and key workers March 21 at 10:30 a.m. at the Roadrunner Community Center, Building 2797, Stanley Road. Provide names of project officers and key workers to the AER office no later than Wednesday. For more information, call 221-1612.

### Sergeant Audie Murphy Club induction

A Sergeant Audie Murphy Club Induction Ceremony will be held March 24 at 3 p.m. in Blesse Auditorium. For more information, call Master Sgt. Dwight Wafford at 221-9314 or Sgt. 1st Class Diana Istre at 221-9925.

### Fill up faster at Car Care Center

The Army and Air Force Exchange Service Car Care Center, Building 2610 on Schofield Road, now offers two-way traffic at the gas pumps. Since the large majority of cars have their gas tanks located on the driver’s side, the previous restriction to one-way traffic resulted in long lines on one side of the pumps, while the other side remained mostly unused.

“The Car Care Center pumps an average of 240,000 gallons of gas per month,” said AAFES General Manager Floyd Wynn. “We look forward to the two-way traffic alleviating congestion and allowing our customers to fill up faster than ever before.”

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Photo by Elaine Wilson

## Daddy’s home

Lt. Col. David Counts gives his son, Matthew, a hug and kiss Sunday at a homecoming ceremony for the 111th Area Support Group at the Jimmy Brought Fitness Center. Counts had just returned from a yearlong deployment to Afghanistan in support of Operation Enduring Freedom. See related story and photos on Pages 16 and 17.

# Spirit of aviation

## Ceremony commemorates first military flight

By Minnie Jones  
Fort Sam Houston Public Information Office

Fort Sam Houston commemorated the 96th anniversary of the first military flight March 2 at the post’s main flagpole, the same site where U.S. Army Lt. Benjamin Delahauf Foulois boarded the Signal Corps “Aeroplane” No. 1 and circled Fort Sam Houston’s MacArthur Parade Field.

The Stinsons Flight Number Two, National Order of Daedalians and The Dibrell Chapter of Army Aviation Association of America hosted the historic event.

Two vintage Stearman aircraft introduced the late morning ceremony with a flyover followed by the ceremony’s guest speaker, Gen. William R. Looney III, commander, Air

Education and Training Command, Randolph Air Force Base.

“It’s great to be here with you today to commemorate this great day, not only in aviation history, but in our nation’s history,” Looney said as he addressed the crowd, which included senior military officers from across the services.

In his address, Looney retraced the steps that Foulois took on the way to making aviation history, noting that Foulois had only flown as a passenger in the Wright Flyer for 54 minutes with Orville Wright prior to flying the Army’s first plane. Through his determination to fly, Foulois made the country what it is today in regards to its superiority in air and space power, Looney said.

See **FOULOIS** on Page 4

## Conference clarifies military issues for retirees

By Master Sgt. Sally Toomey  
Fifth U.S. Army/Army North Public Affairs

The deputy commander of U.S. Northern Command addressed more than 70 retired general officers during a conference Feb. 28 at Fort Sam Houston sponsored by Fifth U.S. Army/Army North.

“One speaker that I know likes to begin by saying, ‘we live in troubled times,’” said Lt. Gen. Joseph R. Inge. “I would argue that we live in a new day.”

As active members of their communities, retired officers continue to serve in many ways as ambassadors for the military. Although many of the men and

women attending the conference served during the Cold War and the Vietnam War, they remain attuned to current military issues. The annual conference is designed to help them maintain awareness of these issues.

Key leaders from the military, like Inge, provided a morning of up-to-date briefings for the general officers.

“How we fight and how we equip, train and posture our Army in the 21st century will be greatly different than in the 20th century,” Inge said. “We transitioned our Army during the 1980s and 90s after coming out of the Cold War. As a result, we are now in a new day where

we can begin to see more clearly.”

Getting a clearer picture of the challenges facing the U.S. military in fighting the Global War on Terrorism was the focus of the conference.

Brig. Gen. Robert Caslen, deputy director for the war on terrorism for the Joint Staff, described the military strategy for the war on terrorism as “fighting the long war.”

“The enemy has committed to a long war and has publicly articulated these goals for decades,” Caslen explained. “The enemy consists of various extremist Islamic groups that espouse the use of

See **CONFERENCE** on Page 5

# Soldiers needed to solve crime, combat terrorism

By Chris Grey  
U.S. Army Criminal Investigation Command

**FORT BELVOIR, Va.** — The U.S. Army Criminal Investigation Command has an all points bulletin out for qualified Soldiers who want to become highly trained special agents.

During peacetime and war, CID agents investigate all felony crimes in which the Army has an interest, provide protective services for Department of Defense and Army leadership and work closely with other federal and local law enforcement and intelligence agencies to solve crime and combat terrorism.

Agents receive training at the U.S. Army Military Police School and

advanced training in a wide range of specialized investigative disciplines. Some specialties include poly-graphs, counter-narcotics, economic-crime investigations, computer crime and many other specialties in the criminal investigation field. With more than 200 offices worldwide, CID even has an airborne CID detachment at Fort Bragg, N.C.

“When the need dictates, our paratrooper agents are prepared for air-borne deployment directly into the theater of conflict,” said Command Sgt. Maj.



Michael Misianowycz. “Military agents make sure they are Soldiers first and foremost.”

Investigators also have the opportunity to receive advanced law enforcement training at the FBI National Academy, the Canadian Police College and at George Washington University, where they can earn a master’s degree in forensic science.

“It’s a tremendous opportunity for Soldiers to become one of the DoD’s premier law enforcement agents and receive some of the best training in

the world,” said Misianowycz. “We are always looking for qualified prospects to join CID.

“Although many CID agents have some type of military or civilian police background, it is not a requirement to qualify and be accepted into the training program. There are both Soldier and civilian agents with some of the agents coming from varied Army backgrounds.”

CID offers a six-month internship program for Soldiers who lack law enforcement experience, according to Marianne Godin, chief of CID’s accreditation division.

“Enrollment in these initial internships will help develop the recruit’s potential to

See **SOLVE CRIME** on Page 4

## Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Suite 4, Fort Sam Houston, Texas 78234-5004; (210) 221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The



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**Army Medical Department Center and School and Fort Sam Houston Commander**  
Maj. Gen. George W. Weightman  
**Garrison Commander**  
Col. Wendy Martinson  
**Public Affairs Officer**  
Phillip Reidinger  
**Public Information Officer**  
Yolanda Hagberg  
**Editor/Writer**  
Elaine Wilson  
**Staff Writer**  
Cheryl Harrison  
**Layout Artist**  
Lori Newman





Soldiers from Fort Sam Houston pose in front of the Alamo with members of the Alamo Rangers following the memorial service held March 6 in honor of the defenders of the Alamo. Each Soldier carried a flag representing the states and countries of the known birthplaces of the defenders of the Alamo.

# Defenders of the Alamo honored

Story and photos by Esther Garcia  
Fort Sam Houston Public Affairs Office

Thirty Soldiers from various units on Fort Sam Houston participated in a solemn memorial service Monday to honor the heroes of the Alamo. The ceremony commemorated the Battle of the Alamo, a battle between the Republic of Mexico and the rebel Texian forces during the Texas Revolution. The bat-



Staff Sgt. Micaela Reyes (right), president, Better Opportunities for Single Soldiers, holds the Mexican flag as she and other Soldiers prepare for the memorial service March 6 inside the Alamo.

tle took place at the Alamo mission in San Antonio, then known as San Antonio de Béxar, in February and March of 1836. The 13-day siege ended March 6 with the capture of the mission and the death of nearly all the Texan defenders. During the ceremony at the Alamo, Soldiers carried flags representing 22 states and seven countries of the known birthplaces of the defenders of the Alamo. As each state and nation was called, the Soldiers came forward and presented the flags. Sgt. 1st Class Colin Rader, G Company, 232nd Medical Battalion, represented the unknown defender's birthplaces. The ceremony included hymns, prayers, lighting of candles, bagpipes and taps by Sgt. Raymond Lucero, U.S. Army Medical Command Band. "It was a great event. It rivaled our military ceremonies with all the pomp and circumstance," said 1st Sgt. Clay Istre, of B Company, 187th Medical Battalion. Keynote speaker Susan Reed, district attorney for the City of San Antonio said, "We owe it to the defenders to



Chief Vince Phillips, Alamo Rangers, visits with Sgt. Raymond Lucero, U.S. Army Medical Command Band, following the memorial service March 6 at the Alamo. The Alamo Rangers posted the colors and Lucero sounded taps for the memorial service in honor of the defenders of the Alamo.

remember. Never defeat, never surrender." The ceremony was sponsored by the Alamo Mission Chapter, Daughters of the Republic of Texas.

# Ceremony commemorates Texas independence

Story and photos by Esther Garcia  
Fort Sam Houston Public Affairs Office

The post helped the local community celebrate Texas independence, also known as Flag Day, at a ceremony held March 2 in front of the Alamo. The signing of the Texas Declaration of Independence from Mexico took place March 2, 1836. Col. Richard Agee, chief of staff, Army Medical Department Center and School, was the guest speaker for the event. "This shrine of Texas independence is a fitting place to remember our past as citizens of this great state and as members of the armed forces," said Agee. "Since the very first days of the Republic, we have been standing side by side declaring freedom as a value to cherish and defend," continued Agee. "Today we are still engaged as a nation in defending freedom. Freedom is still a priceless treasure to be protected until the end of time," said Agee. Sponsored by the Daughters of the Republic of Texas, the celebration included a wreath-laying ceremony and presentation of flags flown over the Alamo to students attending military school districts from Fort Sam Houston and Randolph and



(Above) The Cole High School Choir, directed by Dan Vasquez, performed the Texas state song at the Alamo March 2 during the Texas independence celebration. (Right) Col. Richard Agee, chief of staff, Army Medical Department Center and School, speaks at the Texas Independence Day celebration held March 2 in front of the Alamo.



Members of the Cole High School Junior ROTC Color Guard prepare to retire the colors at the Alamo March 2, following the celebration of the signing of the Texas Declaration of Independence.



# Briefs cont. . . .

## Officer and Civilian Spouses' Club Annual Tour of Homes

Visit selected homes on Fort Sam Houston during the Officer and Civilian Spouses' Club's Annual Tour of Homes April 1 from 10 a.m. to 3 p.m. Tickets are \$10 prepaid and \$15 on the day of the tour. Tickets will be sold Saturday and March 25 from 10 a.m. to 2 p.m. at the Post Exchange, commissary and Golf Club. Proceeds from the tour go to the welfare and scholarship funds. For more information, call Liz Schreckhise at 270-2114 or Licia Rothfuss at 222-9464.

## Board members needed

The Officer and Civilian Spouses' Club seeks active members to fill board positions for the coming year. For more information, call Kandice Collins at 222-9043.

## Welfare distribution

The Officer and Civilian Spouses' Club makes welfare contributions on an annual basis every May. Applications for welfare funds are available at the information desk of the Roadrunner Community Center on Stanley Road. Any non-profit organization located on Fort Sam Houston and Camp Bullis supporting the welfare of the armed forces and their families may apply. Applications must be postmarked by April 1.

## Scholarship applications available

The Officer and Civilian Spouses' Club provides scholarships to high school seniors and college students continuing their education, as well as a scholarship for a military spouse. Applications must be postmarked by April 1. For more information, call Judith Markelz at 410-0958.

## AFTB Level II and III training

Army Family Team Building offers AFTB Level II and III training Tuesdays and Thursdays from 6 to 9 p.m. at the Roadrunner Community Center through the month of March. Students will learn interpersonal skills, how to develop relationships and leadership skills. AFTB will provide drinks and snacks. Registration is required for each workshop; call the AFTB Office at 221-2705 or 221-2418.

## Tax center open for business

The Tax Assistance Center is open Mondays, Wednesdays and Fridays from 9 a.m. to 5 p.m.; Tuesdays and Thursdays from 9 a.m. to 9 p.m.; and Saturdays from 9 a.m. to 1 p.m. at the 1st Legal Support Organization, Building 133A, 2420 Liscum Road, behind the Garrison Staff Judge Advocate Office. For more information, call 295-1040 or 295-0061 or visit <http://www.samhouston.army.mil/tax/index.html>.

## BAMC parking lot closure

Parking lot A, south entrance at Brooke Army Medical Center, is closed to ensure the safety of BAMC visitors and patients during the construction of the Center of the Intrepid. Drivers should be vigilant and drive slowly in lot A due to an increase of pedestrian traffic.

## Ammunition supply closures

The Fort Sam Houston Ammunition Supply Point will be closed on the following dates for inventory in 2006: March 27 to 31, June 26 to 30 and Sept. 11 to 15. For emergency requests, call 221-1065 or 669-5173.

## Gate traffic, safety hazards

Motorists who drive on private property to avoid a wait at gates may be saving time, but they are also creating traffic and safety hazards. Police officers have cited drivers who turn around on the Averitt Express Commercial site to avoid a wait at the George Beach/Binz Engleman gate. Drivers have also been seen trespassing on Muzak property, on the access road of Interstate Highway 35 North, to enter the main Brooke Army Medical Center gate. If caught, drivers will be cited and may be charged with criminal trespass.

# Foulois

Continued from Page 1

"I was asked what I see in the future for air and space power, and where are we going to go now, and my answer — as far as you can imagine," Looney said. "That was what Benjamin Foulois imagined back in 1910 when he strapped himself on that airplane with just an imagination of what was in the realm of possible. Today we honor him, his courage, his boldness, his sense of adventure, his dedication to his country, his willingness to follow orders, no matter the peril he may placed himself in.

"But what we really honor is that spirit, because not only does it reside within the memory of Benjamin Foulois, it resides within each and every one of us who have embraced this concept of air and space power and what it can do for the nation and where it can take us," Looney continued.

Looney also remembered other pioneers who led the way in aviation history, including Henry "Hap" Arnold, Theodore "Spuds" Ellyson, William Moffett and Carl "Tooney" Spaatz.

"What a magnificent group of human beings who have brought us to this point. I'm only excited about how much further we will travel in the years to



Photo by Minnie Jones  
Gen. William Looney III was the guest speaker for the ceremony honoring Lt. Benjamin Foulois Thursday. The general is the commander of the Air Education and Training Command, Randolph Air Force Base, Texas.

come," he said.

After his closing remarks, Air Force Lt. Col. Sandra Miarecki, chief of flight operations at Brooks City-Base, Texas, asked the audience to stand for a moment of silence as she and Looney placed a wreath at the granite landmark that marks the birth of military aviation.

## Maj. Gen. Benjamin Foulois

Foulois graduated from the Army Signal School in 1908 and first learned to fly on the Army Dirigible No. 1, a lighter than air engine propelled airship. He later participated in the trials of the Wright Flyer with the Wright brothers. During the trials, Foulois was on board in the observer's seat of the Wright Flyer with Orville Wright, and clocked the airplane's landmark 10-mile flight time that qualified that airplane for acceptance into the Army.

In February 1910, Foulois was transferred to Fort Sam Houston with a team of enlisted men known as his "flying Soldiers" and the Army's only airplane, "Army Airplane No. 1." Here, he learned to fly it himself, aided by instructions in letters from the Wright brothers. Foulois said that he was a "mail-order pilot" who had learned to fly through his correspondence with the Wright brothers.

## Historic flight

Then, March 2, 1910, at Fort Sam Houston, Foulois climbed aboard the Army Airplane No. 1, and at 9:30 a.m. circled the field, attaining the height of 200 feet and circling the field at the speed of 30 mph. The flight only lasted seven and a half minutes. Foulois made four flights that day, crashing on the last flight due to a broken fuel pipe. The premier flight became known as the "birth of military flight" and Foulois became known as the "father of U.S. military aviation." Foulois said, "I made my first solo, my first landing and my first crackup — all the same day."



Photo by Minnie Jones  
Gen. William Looney III and Lt. Col. Sandra Miarecki place a memorial wreath during the ceremony commemorating the 96th anniversary of the first military flight Thursday.

Foulois was relieved from flying duties in July 1911, and returned to aviation duty with the Signal Corps Aviation School at North Island, San Diego, Calif., in December 1913. He later commanded the 1st Aero Squadron in Mexico during the campaign to arrest Pancho Villa in 1916. He served as chief of air service, Air Expeditionary Force, in France from 1917 to 1918. Foulois was in charge of the materiel division at Wright Field from 1929 to 1930, and Dec. 20, 1931, became chief of the Army Air Corps. Foulois retired from active military service Dec. 31, 1935. He died April 25, 1967.



Photo courtesy of Air Force Association  
Maj. Gen. Benjamin D. Foulois was the Army's first pilot, and a founding father of airpower.

# Solve crime

Continued from Page 2

complete the rigorous 15-week Apprentice Special Agent Course at the U.S. Army Military Police School," Godin said. "After these classroom studies, Soldiers spend the first year as apprentice agents before becoming fully accredited.

To apply and qualify for service as a CID special agent, applicants must be a U.S. citizen, at least 21 years old, an E-5 or below with at least two years of service and not more than 10, a general technical score of at least 110 or higher, no court martial convictions, possess 60 semester hours of college credit, a physical profile of 111221 or higher with normal color vision, five years of obligated service upon completion of the Apprentice Special Agent Course and be able to obtain and maintain a Top Secret clearance.

"Regardless of background, applicants must possess excellent communication skills and be able to interact effectively with people from varied backgrounds," Godin said.

For more information, call 221-0050 or visit the CID Web site at [www.cid.army.mil](http://www.cid.army.mil).



Courtesy photo  
A U.S. Army Criminal Investigation Command special agent collects evidence at a crime scene. The command is seeking qualified Soldiers to become special agents.



# Army to discharge Reserve non-participants

**WASHINGTON** — Under a personnel initiative, Army Reserve and National Guard Soldiers who do not attend required weekend training may soon face streamlined discharge procedures.

In the past, reserve-component Soldiers who did not attend the required number of battle assemblies were sometimes transferred out of their unit and into the Individual Ready Reserve. Now these “non-participants” may be expeditiously discharged from the Army and could lose benefits, according to G1 officials. They said the type of discharge will be determined on a case-by-case basis.

Under the new initiative, non-participating Soldiers will first be encouraged to resume training with their unit, officials said.

The notification procedures for separating Soldiers who do not train with their unit will be abbreviated under the new policy. In the past, four certified letters had to be sent to Soldiers who were not attending training.

Now a notification will be sent and a Soldier will have 30

days to respond. If the Soldier does not respond and return for training, officials said the file will be reviewed by a board to determine the type of discharge to be administered.

The abbreviated notification procedures for separation will be phased in regionally over a 12-month period, beginning with the East Coast.

“The reserve component will take a full inventory of Soldiers assigned to Reserve units,” said Lt. Gen. James R. Helmly, chief of the Army Reserve. “This inventory will identify those Soldiers who have failed to participate in required unit training and have, therefore, been identified as unsatisfactory participants.”

The expected result will be fewer non-participants on unit rosters, providing a more accurate picture of unit readiness, officials said. At the same time, other Soldiers can be recruited or promoted into the resultant vacancies.

Col. Elizabeth F. Wilson, deputy director of Military Personnel Management for the Army G-1, said the Army is at war and transforming and must take a full account-

ing of Soldiers assigned to Army Reserve and Army National Guard units.

If Soldiers do not resume mandatory training when encouraged, Wilson said they will be processed for separation, and, if appropriate, required to reimburse the government any unearned portion of incentives they have been paid.

“The demands of the global war on terror have magnified our need to better reconcile RC unit rosters,” Wilson said. “It’s always been the intent to effectively manage RC Soldiers who are determined to be unsatisfactory participants, but the process can be administratively cumbersome and executed with varying degrees of rigor.”

An estimated 15,000 reserve-component Soldiers are currently not participating in required weekend training, officials said. But they pointed out that as of March 2006, about 100,000 Army National Guard and Army Reserve Soldiers were serving on active duty in support of the Global War on Terrorism.

(Source: Army News Service)

## Conference

*Continued from Page 1*

violence to achieve their ideological aims.”

Although the majority of moderate Islamic followers do not follow the beliefs of these extremists, the support of even 1 percent of the Muslim population to extremist ideologies equates to more than 12 million enemies worldwide. Historically, periods of “jihad,” or holy war, have abated due to mainstream Muslims rejecting violent extremism and defending the positive qualities of their religion and culture.

“The paradox is that Islam itself has much of the influence to defeat the extremists,” Caslen said.

Therefore, Caslen explained, the strategic aims of the global war on terror are to defeat

violent extremism as a threat to our way of life as a free and open society, and to create a global environment inhospitable to violent extremists and all who support them.

But the long war requires a cooperative effort between moderate Muslims, partner nations and organizations, and the will of civilized peoples to commit to it.

Such efforts are bearing fruit, for example, in Afghanistan, said Lt. Gen. David Barno, who commanded Combined Forces Command-Afghanistan from 2004 to 2005. Barno described the changes that have occurred throughout the U.S. involvement there since 2001.

The operation in Afghanistan has changed from a counterterrorist focus to a counterinsurgency focus, with decreasing

sanctuary in Pakistan for insurgents, he said. The Afghan population has become much more supportive and is embracing the benefits of the international community’s efforts to build infrastructure and government. The Afghan national army is now a trained fighting force and the influence of tribal warlords has diminished.

In addition, Barno noted, Afghanistan now has a moderate Islamic constitution and growing Afghan sovereignty. Where no political process existed three years ago, Afghanistan has now completed a presidential election, electing Hamid Karzai to lead its government in 2004. In September 2005, elections were held to elect representatives to the country’s legislature.

“Afghanistan is a window on the global

war on terror, a critical theater,” Barno said. “Personal connections and relationships with the Mullahs and senior Afghan leaders mean everything in that culture. Their fear was not that we would overstay our welcome. Their fear was that we would abandon them.”

This generation of Afghans has endured 26 years of warfare; first against the Soviets, followed by an internal civil war and the war against the Taliban.

“The situation in Afghanistan has changed, and will continue to change,” Barno added as he addressed the group. “As we look at what you do and the influence you have in your communities, this idea that America has to stay the course in this war of willpower is critical.

“If we don’t, then the enemy wins.”

**Dallas** – Since the first formal exchanges were established in 1895, an exchange system has served side-by-side with troops in tents and trucks, in the field and in permanent facilities on posts and bases around the world.

While the mission remains virtually the same as it was nearly 111 years ago, the scope of Army and Air Force Exchange Service operations has never been more extensive or necessary as it is today.

Currently, there are more than 450 volunteer AAFES associates deployed in support of America's military. To date, 1,601 AAFES associates have deployed to dangerous places around the world since September 2001. These associates, and the rapidly deployed facilities they operate, often provide the only source of comfort items and necessities in combat locations. AAFES' presence in Iraq is a case in point: the first PX/BX opened in Tallil in early April 2004, before Baghdad fell.

throughout Operations Enduring Freedom and Iraqi Freedom for day-to-day health and comfort items, such as soap, shampoo and toothpaste. These large retail operations, along with 39 smaller military-operated activities called Imprest Funds, are the primary providers of snacks, beverages and entertainment items for deployed troops.

In addition to delivering traditional retail products to the contingency theater, AAFES operates 68 call centers with 1,742 phones that provide calls to the United States for as little as 19 cents a minute. With an average usage of more than 14 million minutes each month, these facilities are critical to maintaining the link to family and friends back home.

AAFES also provides a variety of services to deployed troops to include barber, beauty, photo and gift shops, as well as alterations and even relaxing day spas. While AAFES is able to provide access to local wares and souvenirs including artwork, jewelry and rugs, the merchandise assortment in deployed environments typically includes basic health and hygiene items and snacks.

“Over time, the assortment expands to other items needed and requested by troops,” said AAFES’ Chief of Contingency Plans Lt. Col. Steven Dean. “AAFES now sells electronics, magazines, DVDs and even small appliances. Many service members purchase DVD players, second-generation video game consoles and laptop computers at exchanges throughout Iraq and Afghanistan. We are continually adjusting the stock assortment to meet the unique needs of troops serving far from home.”

contingencies — to include the Spanish-American War, World War I, World War II, Korea, Vietnam, Grenada, Panama, the Balkans, OEF and OIF — along with several dozen humanitarian and disaster relief efforts. Presently, AAFES operates worldwide in more than 30 countries, five U.S. territories and 49 states (not Rhode Island).

“AAFES motto, ‘We Go Where You Go,’ best summarizes its commitment to America’s modern fighting force,” said Dean. “AAFES provides exceptional support to troops serving in deployed areas. The scope and intensity of the operations are clear signs that wherever our troops serve, AAFES is dedicated to providing them competitively low prices on the services and merchandise they need ... and want ... in order to enhance their quality of life.”

For more information, visit the AAFES Web site at <http://www.aafes.com/pa/default.asp>.

Lincoln Military Housing will sponsor "Little Leprechauns on the Loose" photo contest for children in March. LMH representatives will take pictures March 17 from 8 a.m. to 4 p.m. in the front office. The winner will receive a \$25 gift certificate to Toys "R" Us.

handed out in each village. LMH will send out notices with time, date and location for stops in each village.

For photos and upcoming activities, residents can log onto LMH's interactive Web site at [www.samhoustonlpc.com](http://www.samhoustonlpc.com).

**Mobilization and deployment program assistant, Fort Sam Houston**

- The program assistant will assist in the day-to-day operations of the Soldier and Family Assistance Center, all administrative requirements of the SFAC, make presentations to small and large groups as needed, provide advocacy for families with special needs, assist waiting families by coordinating military resources and provide support to families of wounded Soldiers and survivors of deployed Soldiers.

**Family advocacy educator, Fort Sam Houston** - Responsibilities include researching, developing, marketing and conducting skill-based domestic violence prevention and other education classes. Also provides marketing, administrative and coordination support for special events and other services.

## March Survey of the Month Winner

Ralph Jensen

## March Yards of the Month Winners

6137-A Decker Circle, 6325-A Kimbro Circle  
426 Graham, 632 Infantry Post



# From the front: Taking young people to war

**Lt. Col. John T. Groves Jr.**  
10th Combat Support Hospital

**BAGHDAD, Iraq** — Emergency rooms are usually reserved for the eyes of crusty old veterans in the nursing and medical profession — not so in the Army.

While maintaining a level of care unprecedented in any previous conflict — less than 10 percent casualty rate — what may have gone unnoticed is not only how we train but who we train to go to war.

Army Surgeon General Lt. Gen. Kevin Kiley stated that “other armies have brave people, they have smart people, but the difference between how we fight and how other countries fight is how we train.” Having had some unique teaching assignments, from Special Forces medicine to the Army Trauma Training Center in Miami, it has even surprised me.

We are currently deployed in Iraq with a staff most hospitals would not consider hiring for their least challenging of areas, let alone their emergency and critical care units. We train and take medical specialists of all ages, but most are very young. Just like the 18-year-old rifleman, the

Army Medical Department takes 18-year-old medics and 22-year-old nurses fresh out of school and puts them in some of the bloodiest emergency rooms in Iraq. As a senior officer of 19 years experience, it has become the pinnacle of my career to serve with such special young people.

It is often said of our “greatest generation” how unique those young people were who answered the call during World War II. Hearing those vets speak, they have no doubt that our current generation will rise to the same level if needed. I can certainly attest to that without hesitation. Our “Generation Xer’s” and younger men and women are more than up to the task.

In just four months here in Iraq, examples of their heroics in saving lives are countless. Three days after arrival in country, this youngest generation received the largest number of U.S. deaths at one time, more than the previously deployed Combat Support Hospital had during their entire tour.

It was unnerving, shocking, sad and heartbreaking. It all happened within a matter of minutes. Watching inexperienced nurses and medics be challenged

with the horror of death of young Americans their own age is something that touches even the most seasoned professionals. What was most memorable during this tragedy: after the efforts were stopped trying to save one young Soldier’s life, a colonel from the 101st Airborne stepped up to the desk to offer his comfort to one of our youngest nurses. His words were unbelievable: “Thank you for what you do and all your efforts ... he was a good man and is deserving of your tears.” Witnessing a colonel thanking a second lieutenant in a support role is something very special.

Now fast-forward to the present, and you couldn’t pick out the two seasoned nurses and three medics who deployed among these 31 rookies. Events have occurred daily that have hardened these young Soldiers. More importantly, skills have been forged at breakneck pace. Not only do these young heroes resuscitate all patients at the bedside, but they also risk their lives by jumping into helicopters with patients who have severe brain injuries and must be flown to another hospital. Again, treating an unstable severely

injured patient in flight is a task reserved for the most seasoned of nurses and medics in the civilian community.

Even with events from home overwhelming them, they hunker down and drive on, not wanting to let their teammates down. One nurse and medic had to be evacuated due to personal injury, yet both pleaded to be brought back. This is the value of selfless service. It reflects one of our main Army values — placing the needs of others ahead of your own.

Some special moments have come from our time here. There is the friendly competition to get the most helicopter flights in and the successful thoracotomy for a young physician who only trained on animals prior to deploying. And, after saving a “pulseless” Soldier, a young lieutenant remarked, “I learned today that when you do CPR, that doesn’t always mean they die.”

I now understand why we are here. It’s for the combat Soldier. But also it is for these young medical heroes. They will carry the torch and caduceus for all of those who have come before and will come after.

# U.S. medics aid injured Cuban doctors

By Air Force 1st Lt. Ali Tedesco and Tech. Sgt. Joel Langton  
Joint Task Force-Bravo Public Affairs

**SOTO CANO AIR BASE, Honduras** — U.S. Soldiers and Airmen here treated five Cuban citizens when their car crashed through the base’s perimeter fence March 1. At about 6:15 a.m., the driver lost control of the car and ran off the road, rolling the vehicle several times and ultimately crashing through Soto Cano Air Base’s perimeter fence. The victims are among 300 Cuban medical personnel assigned in Honduras and were traveling to Comayagua from Tegucigalpa at the time of the crash. Soto Cano AB personnel responded quickly, as Joint Security Forces secured the scene and Medical Element troops triaged the patients.

“Cuban doctors told us that if it hadn’t been for the rapid SCAB response, they didn’t think all of the injured would have made it,” said Air Force Senior Master Sgt. Edgar Torres, Joint Security Forces Operations superintendent.

One victim was immediately transferred from the accident scene to a local hospital thanks to a Red Cross vehicle passing by. The four remaining patients were taken to Joint Task Force-Bravo’s emergency room, where they were treated and stabilized. It was quickly determined that the four men needed to be air-evacuated to a Tegucigalpa hospital. “Everyone’s care was stellar,” said Capt. (Dr.) Danira Mayes, JTF-Bravo’s flight surgeon. “The fire department responders did everything perfectly in stabilizing the most severely injured victims. Then the hospital’s nurses and medical technicians worked as a joint team to provide the outstanding care to the patients.” By 8:30 a.m., Soldiers from JTF-Bravo’s 1-228th Aviation Regiment had lifted off with the first two victims in a UH-60 MEDEVAC helicopter en route to Tegucigalpa, returning to the base to transport the remaining two men. The teamwork involved in the accident response was top notch. “The 1-228th’s crews worked seamlessly with MEDEL to get the injured to



Courtesy photo Sgt. Mike Hubbard, a flight medic with the 228th Aviation Battalion's Air Ambulance Detachment, gives a thumbs up to the Medical Element medics transferring the first Cuban doctor to the helicopter.

Tegucigalpa safely. If any unit involved would have done something wrong, one of the doctors might have been paralyzed and the final outcome could have been much more tragic,” Mayes said.

Two of the five were released from the hospital March 1, and the other three are making great strides in recovery, according to Dr. Miguel Coello, MEDEL liaison officer.



**Serve Your Country  
One Patient  
at a Time**  
**210-692-7376**

**HEALTHCARE.GOARMY.COM**





## Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader. To submit a story or idea or for more information, call 221-0615, e-mail [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or stop by the office in Building 124 (second floor).

### WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

**IT CAN HAPPEN.**  
The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.








Photo by Michael Dulevitz

Brooke Army Medical Center Commander Brig. Gen. James K. Gilman presented a gift certificate and a commander’s coin to Richard Ellas, Brooke Army Medical Center Retiree Activities Group Volunteer of the Year, Friday during a volunteer recognition ceremony at the Roadrunner Community Center.

# BAMC Retiree Activities Group honors top volunteers

By Norma Guerra and Michael Dulevitz  
Brooke Army Medical Center Public Affairs

The Brooke Army Medical Center Retiree Activities Group honored volunteers Friday during a recognition ceremony at the Roadrunner Community Center.

BRAG, established in 1994, comprises 232 volunteers who contributed a total of 47,224 hours to BAMC in 2005, according to BRAG President Jim Finch.

Richard Ellas, a volunteer at BAMC since 1996, was named the BRAG Volunteer of the Year. Ellas works as a tour coordinator for the BAMC Public Affairs Office and as a greeter at the Information Desk in the Medical Mall. Ellas also received a pin for giving more than 4,000 hours to the facility. He has served on the BRAG Executive Board for six consecutive years and received numerous letters, coins and other forms of accolades from organizations and groups for which he organized and provided tours.

“It was a surprise and an honor to be selected this year’s volunteer of the year,” Ellas said, “I wanted to give back to the military what it had given so willingly to me and my family and to volunteer at BAMC seemed like the way to do it.

“BAMC is a great venue for volunteer work because of its mission and the ability to interface with all aspects of military life, from the newest recruits to the oldest retirees. It is the best of all worlds,” he said.

The other nominees for volunteer of the year were Barbara Bowles, Ed Bowles, Ray Charette, Hollis Pantalion, Bill Gilhooley, Ernie Velez, KayDonna Friesen, Miguel Salazar, Sebe Terrell, Jo Twedell, Antonio Vargas and J.D. Sanders.


Additionally, a Group of the Year Award was given to the 42 BAMC Caremobile operators who provide shuttle service to and from the parking lots for BAMC patrons.


BAMC Commander Brig. Gen. James K. Gilman personally thanked the volunteers for their selfless service, and presented each volunteer with a certificate and a service pin for their volunteer efforts.

“When you look at the number of hours that you all have served and equate that to dollars saved and the mission of BAMC, it is easy to see that without your efforts we could not provide all the services that we are able to provide because of you,” Gilman said.


## Troop Salute

### 232nd Medical Battalion





**Soldier of the Week**  
**Name:** Pfc. Nicole M. Johnson  
**Unit:** F Company  
**Hometown:** Duarte, Calif.  
**Reason for joining:** To serve my country, get the best medical training in the world and be a part of something greater than myself  
**Hobbies:** Basketball, volleyball and IVs



**Junior Leader of the Week**  
**Name:** Pvt. Robert Balla  
**Unit:** F Company  
**Hometown:** Langbeach, Miss.  
**Reason for joining:** To serve my country and get an education  
**Hobbies:** Fishing, shooting and motorcycles

# Ring leader

## *Volunteer coach shares passion for boxing*

Story and photo by Elaine Wilson  
Fort Sam Houston Public Information Office

Kevin Majors was used to facing down tough opponents. An aspiring Army boxer with a state middleweight championship under his belt, Majors was known for his strong right hand and effective jab.

The Army NCO was making a name for himself in the ring at Fort Benning, Ga., in the late 1990s, but it wasn't until a motorcycle accident that Majors faced his toughest opponent – two broken arms and an end of his amateur boxing career.

The accident may have knocked him down; however, Majors was far from being out for the count.

"I had to stop competing but as soon as I could, I started to train again to keep in decent form," said Majors, now a clinical instructor for the 232nd Medical Battalion's Department of Combat Medical Training at Fort Sam Houston. "People started approaching me in the gym and asking me if I was a trainer."

Majors decided to turn his personal adversity into an opportunity, taking his teaching skills out of the classroom and into the ring. He took on the training of one Soldier with boxing aspirations, then another.

Two years later, the volunteer coach trains six boxers he refers to as his "core group" as well as a few others along the way who are looking for a hobby or to get in shape. He is credited for almost single-handedly bringing boxing back to Fort Sam Houston, a sport that disappeared from the post in the 1970s.

"I want to give these men and women a positive attitude, the 'sticktuitiveness' and confidence to attack other things in life," said Majors. "Boxing is great for the self-esteem."

It's also good for the waistline. Majors trains his boxers seven days a week for hours at a time. His workouts are not for the fainthearted with wind sprints, distance

running and what he refers to as "grueling" muscle-building sessions. It's not until their physical condition is up to par that Majors starts on boxing techniques, such as foot work and defensive drills.

"I've had people come to me interested in learning how to box," he said. "They come to one workout and never show up again. But that's how you weed out the ones who aren't serious."

"Boxing isn't a halfway sport. It's all or nothing. The penalty is too high; you could die."

With such high stakes, Majors ensures his boxers take the sport as seriously as he does.

"I look at boxing as the ultimate game of chess. It's not the brutal sport people think it is. It's really 90 percent mental and 10 percent physical," Majors said. "I make sure my boxers master the mental and physical skills with hard-core training."

The training has evidently paid off. Of the four who entered the Air Force Box Off in January, three out of four won bouts, and one of two made it to the championships at the 2006 San Antonio Regional Golden Gloves Tournament at Kelly USA, San Antonio.

"I've been training with Mr. Majors for a year, and I think he's very dedicated," said Donald Harris, an aspiring professional boxer. "He definitely knows the ins and outs of boxing."

With "Boxing at the Brought II," a Fort Sam Houston boxing event for the local community, just over a week away, his boxers will once again be put to the test. Along with their training, Majors is also coaching four Soldiers from the Army Medical Department Center and School



Kevin Majors, volunteer boxing coach, trains Donald Harris for the upcoming "Boxing at the Brought II" competition with offensive drills.

who are participating in the March 18 boxing event.

"Boxing teaches discipline, which carries over into other areas in life," he said.

Encouraged by the positive impact of boxing on his Soldiers, Majors is trying to establish a formal boxing team at Fort Sam Houston for Soldiers, family members and Department of Defense civilians. He also would like to open a boxing gym on the northeast side of town and share his passion with San Antonio youth.

In the meantime, Majors plans to pursue his other passion – acting. He's currently appearing in a play, "Raisin in the Sun," at the Jump Start Theater, has starred in local and regional TV commercials, including Church's Chicken and Gunn Honda, and had lead roles in independent films.

"Acting and boxing are similar in that they take a lot of passion and are equally draining," he said. "My life is busy but I love what I do and hope to continue for a long time."



# ‘Boxing at the Brought,’ round two

By Shasta Bell  
Special to the News Leader

Boxing at the Jimmy Brought Fitness Center returns March 18 for another round of knock-out competition.

The Directorate of Morale, Welfare and Recreation and Home Depot present Boxing at the Brought II, which is expected to have more competitive matches, more seating for spectators and an official after-party.

The last event was held in the fall of 2005 and was considered long overdue by local boxing enthusiasts.

Currently, the fitness center has three trainers and coaches with extensive experience who teach Fort Sam Houston Soldiers boxing techniques such as endurance, sparring, timing, strength and basics of the sport.

“It’s been such a pleasure working with the boxing coaches. It’s been great to work again with Kevin Majors, who spearheaded the efforts to bring boxing back to Fort Sam; Bruce Leno, for bringing his energy and enthusiasm for the sport to the table; and Dannie Williams’ long time coaching expertise and talents that will help us create a renewed and successful boxing program,” said John Rodriguez, of the Jimmy Brought Fitness Center.

Leno is a former U.S. Army Europe boxing champion who boxed professionally in the local arena in the 1980s. Dannie Williams was a former All-Army boxing coach who worked with Pat Nappi, legendary Olympic coach in the sport.

If the popularity of Boxing at the Brought events continues to grow, plans are to hold the event twice a year, in the spring and fall.

An official Boxing at the Brought II after-party at the Fort Sam Houston Bowling Center will take place immediately following the event.

Boxing at the Brought is considered a sanctioned sporting event by the Department of the Army.

In an effort to set up for the boxing event, the Jimmy Brought Fitness Center basketball court will close March 17 and 18. Additionally, the fitness center will close March 18 at 3 p.m. for general use, and re-open for boxing spectators at 5 p.m.

For more information regarding the event or to become a participant, call Rodriguez at 221-1532 or 221-1234.

The event is sponsored by Fort Sam Houston Morale, Welfare and Recreation, Home Depot, Army and Air Force Exchange Service, Brooke Owens-Keller Williams, Military Benefit Representative and Money Matters USA.



Photo by Maj. Ron Goding

## University run

Twelve Air Force, Navy, Coast Guard and Army (active and reserve) officers took time out of their busy schedule Saturday to participate in the fourth annual Bearathon at Baylor University in Waco, Texas. The officers are students in the Army-Baylor University Graduate Program in health and business administration. The half-marathon race, Baylor University’s largest fundraiser, attracted more than 350 participants. Eight students and one faculty member ran and finished the race while three other students provided race support. Capt. Steven Richter was the group’s top finisher, completing the 13.1 mile run in one hour and 30 minutes for a final pace of 6:54 per mile, good enough for fourth place among all students and 18th overall.

## Sports Briefs . . .

### Golf league play begins

Intramural golf team captains will meet March 23 at 12 p.m. at the Golf Course Club House. League play starts April 4. For more information, call Earl Young at 221-1180.

### ‘Race for the Cure’

The ninth annual Komen San Antonio Race for the Cure will be April 1 at the Alamodome. Everyone is invited to join the Brooke Army Medical Center team. To join the BAMC team, visit the Komen Web site at [www.sakomen.org](http://www.sakomen.org), click on “join an existing team,” click on “search for a team,” enter BAMC Medical Mile Steppers and fill out a registration form. For more information, call Susie Ferrise at 916-2261 or Sandy Terrazzino at 916-4457.

### Austin Wranglers arena football

The Austin Wranglers arena football team will host a “Salute to Military 2006” for the Austin Wranglers vs. Kansas City Brigade game March 18 at 7 p.m. at the Ambush Arena in Austin, Texas. After the game, the Wranglers and Lady Wranglers will be available on the field for pictures and autographs. Special military discounts are available for all Wrangler home games. Visit the Fort Sam Houston Morale, Welfare and Recreation Web site and download the ticket request form. For more information, call Shannon Carlson at (512) 339-3927 or e-mail [scarlson@austinwranglers.com](mailto:scarlson@austinwranglers.com).



National Nutrition Month

Protein propaganda can lead to unhealthy lifestyle

By 2nd Lt. Laura Sendacook  
Dietetic Intern

How much protein is too much? Low carbohydrate, high protein diets like the Atkins diet have gained much popularity in recent years. About 26.6 million Americans claimed to be on an Atkins-type diet at its height, according to Reuters Health.

Although some aspects of these diets (ie. short-term weight loss) are appealing, there are some harmful effects of consuming too much protein.

Protein plays many roles in the body, to include:

- Provides structure as building materials;
- Facilitates chemical reactions (enzymes);
- Regulates bodily functions (hormones);
- Maintains fluid and acid/base balance;
- Transports nutrients and other molecules;
- Defends against disease; and
- Can be sacrificed to provide energy and glucose if needed.

Protein requirements are influenced by age, body size, activity level and energy intake. The recommended dietary allowance for protein for adults is .8 grams protein per kilogram body weight per day, which is about 5 to 8 ounces of meat for most people. Other sources of protein include milk, eggs, beans, grains and vegetables.

The largest amount of protein that a person should consume (tolerable upper intake level) has not been established. However, a recommended protein intake based on percentage of total energy (calories) in the diet from protein should not go above 30 percent for healthy people, compared to most high protein diets which recommend an “unhealthy” protein intake of 30 to 40 percent of total energy.

It is believed that overconsumption of protein

offers no health benefits and may create health risks. Foods made up of animal protein tend to be rich in saturated fats. Therefore, eating a high amount of animal protein may be related to heart disease, some types of cancers (colon, breast, kidney, pancreas and prostate), and obesity. The release of calcium in the bones rises as protein intake increases and this could eventually lead to osteoporosis. In addition, a high protein intake increases the work the kidneys have to do.

Another harmful effect of high protein diets is ketosis. With adequate carbohydrate intake, carbs are broken down to glucose (sugar) and used as the major energy source in the body. Ketosis, or metabolic starvation, results with inadequate carbohydrate intake. Ketosis is an abnormal increase of ketones in the body during conditions of reduced or disturbed carbohydrate metabolism. During ketosis, the brain suffers from a lack of glucose which it needs to function properly. The body is forced to break down protein from muscle and major organs to supply the brain with glucose so it can function properly.

Fad diets that encourage a high protein diet are rarely effective for long periods of time. It is likely that a person will end up vitamin and mineral deficient from eating an excess of high protein foods and a lack of fruits, vegetables and grains. Diets that provide adequate protein, carbohydrates and fat prove to be more successful with long-term weight loss and promote a healthier lifestyle.

Common sources of protein

- One egg – 6 grams of protein
- One ounce of meat – 7 grams of protein
- One cup of milk – 8 grams of protein
- One slice of bread – 3 grams of protein
- Half a cup of vegetables – 2 grams of protein

Army Community Service

Family Advocacy Program – March Class Schedule

Class	Dates	Time
Basics of Breastfeeding	Wednesday	10 to 11:30 a.m.
Boys only! (Ages 6 to 8)	Monday	4 to 4:30 p.m.
Building Effective Anger	Monday	11 a.m. to 12:30 p.m.
Management Skills, Series 1 to 4 evening class	today	4:30 to 6 p.m.
Dad Difference (Fathers of 0 to5 year olds)	Monday	2 to 3:30 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
Single Parent Course (Series 1 to 3)	Wednesday	2 to 3:30 p.m.
S.T.E.P. Program for Parents of School-Age Children (Series 1 to 4)	today, 16, 23 and 30	1 to 2:30 p.m.
S.T.E.P. Program for Parents of Teens (Series 1 to 4)	Tuesday,	11 a.m. to 12:30 p.m.
Stress Management (Series 1 and 2)	Tuesday	1 to 2:30 p.m.
Truth or Consequences? (Series 1 to 4)	Tuesday	4:30 to 6 p.m.
Workplace Communication	Friday	1 to 2:30 p.m.

Class space is limited. To register for classes or for more information, call ACS Family Advocacy Program at 221-0349 or 221-2418.

Brooke Army Medical Center

Health Promotions – March Class Schedule

Class	Dates	Time	Place
* Blood Pressure Management	Wednesday	9 a.m. to 12 p.m.	BAMC, seventh floor, Hospital Education, conference room
Breast Feeding Class	Wednesday	10 to 11:30 a.m.	Red Cross, Building 2650 Fort Sam Houston
Breast Feeding Class	Fridays	1 to 2:30 p.m.	BAMC, OB/GYN fifth floor conference room
Fibromyalgia Treatment Program	eight-week class, begins Wednesday	1 to 3:30 p.m.	BAMC, third floor conference room: You must have a referral from your provider to attend this class.
* Tobacco Use Cessation B	Tuesday, 21 and 28	5 to 6:30 p.m.	BAMC, fourth floor conference room, Room 413-11
* Tobacco Use Cessation C	today, 16, 23 and 30	3 to 4:30 p.m.	BAMC, fourth floor conference room, Room 413-11
Yoga	Wednesday, 22 and 29	12 to 1 p.m.	BAMC, fifth floor, Room 531-14

\* To schedule these classes, call 916-9900 and choose option number 4. For more information, call 916-3352.



Post Pulse: What is the most common misconception regarding dental health?



“Most people only brush their teeth twice a day; you need to brush your teeth after every meal.”  
**Pvt. Matthew Onuska**



“That every time you come in to see the dentist it’s going to hurt.”  
**Petty Officer 2nd Class Ralph Garcia**



“People say, ‘if I brush my teeth I’m good to go,’ but you should floss and brush your teeth. They go together, like soap and water. You need both of them.”  
**Maggie Nunez**



“Feeling - patients say that whenever they brush their teeth they kind of brush a little bit harder because they feel like they’re not brushing very well. But dental hygiene is not about feeling, it’s all about how well you take care of your teeth and pretty much maintain them.”  
**Spc. T.J. Dealdo**

OFFICE OF THE CHIEF, ARMY DENTAL CORPS

February 9, 2006

Dear Members of the Army Dental Care System:

The 3<sup>rd</sup> of March, 2006 marks the 95<sup>th</sup> anniversary of the Army Dental Corps. As we celebrate our birthday, we honor the past, present, and future members of our Corps.

Since 1911, members of our Dental Care System have supported Soldiers at home and around the world. Today we have 46 members of our Corps deployed supporting the global war on terrorism and other missions in various countries. We continue to deploy all three components of an Army force in optimal dental health and our overwhelming success is a direct result of our Soldiers and civilians.

OTSG and DENCOM are working the issues of an Army undergoing transformation. The challenges of Base Realignment and Closure, Quadrennial Defense Review, Modularity, Integrated Global Presence and Basing Strategy, Military-to-Civilian conversions, and Medical Readiness Review create an environment ready for an infusion of new ideas and concepts, such as a possible transition to a Joint/Unified Medical Command. During this critical time it is essential that we also continue to transform and remain an integral component of the AMEDD.

Our proud legacy is built upon the successful efforts of the Army Dental Care System and our support of Soldiers at home and abroad. It is my distinct honor to serve as the Corps Chief for such a dedicated group of professionals.

Anne joins me in wishing all the members of the Army Dental Care family a very happy 95<sup>th</sup> Birthday.

Sincerely,

Joseph G. Webb, Jr.  
Major General, Dental Corps  
Chief, U.S. Army Dental Corps



Open wide



Photos by Laurence Gonzalez  
(Above) Dr. Thomas Richardson and Alanna Marley work on patient, 2nd Lt. Jules Toraya, March 1 at the Budge Dental Clinic.

(Left) Col. Ronald Lambert, Dental Command, performs a dental prosthetic procedure on patient, Col. Donna Talbott, Army Medical Department Center and School.

# Sports Update

## Track teams off to promising start

The Robert G. Cole High School track teams traveled to Blanco, Texas, March 2 for their season opening track meet versus an open field of other 2A high schools.

**Outstanding performers include:**

**Girls’ competition**

Melanie Collier, Kayla Villarreal, Grace Simpson and Alisha Saddler - sixth place for sprint relay

**Individual achievements**

Nicole Ham – third place for shot put

Chaquille Hicks – third place for discus

Lindsey Saddler – fourth place for high jump

Alisha Saddler – sixth place for 300 hurdles, fourth place for long jump, second place for triple jump and second place for 100 high hurdles

Martha Brown – third place for mile run and first in the two-mile run

**Varsity boys**

James Jordan – fourth place for long jump

Cameron Lucke – fifth place for

400 meters and sixth place for 100 meters

Kyle Adams – third place for 3,200 meters

**Junior varsity boys**

Reggie Garnett – first place for triple jump and third place for long jump

Chris Casey – fourth place for shot put

Will Vega – fourth place for 100 meter dash and fourth place for high jump

Aaron Tate – sixth place for triple jump

Richard Well – second place for 3,200 meters

Coaches Joella Allen and Eric Boehme look forward to a great season as the Cougars feature unusually deep squads this year. “The only thing we will be weak in is the sprints,” said Allen. “A couple of years ago, we had unbelievable speed. This year, we should excel in distance, hurdles and field events.”



Photo by Laura Yarbrough

## Cole basketball team advances to State

For the fourth time in the history of Robert G. Cole High School, the varsity boys’ basketball team will play in the UIL State Tournament. Today’s semifinal game against Arp High School will be played at 9 a.m. at the University of Texas Frank Erwin Center in Austin, Texas. Cole (29-6) advanced to the state tournament after defeating both Weimar 67-64 in overtime and No. 3-ranked Jarrell 35-34 in the Class 2A, Region IV boys’ basketball final held last weekend in Austin. The members of Cole’s team are (standing left to right) head coach Herb More, Greg Washington, Greg Farris, Erin Simmons, Sha Cameron, Angel Ramirez, Paul Parker, Anson Brantley, Shane Russe, Robert Davis and assistant coach Howard Baer. Seated are managers Monica Rios and Melanie Collier. Fans who would like to watch the game on a live webcast, can access tsrnsports.com today at 9 a.m.

**FSH Independent School District**  
**Weekly Calendar - Monday to 17**  
*Spring Break - School resumes March 20*  
**Robert G. Cole Jr./Sr. High School**  
**March 18**  
One Act Play – Tech dress rehearsal in gym, 3:45 to 5 p.m.

### Science Fair

The Fort Sam Houston Elementary School invites parents and community members to the school’s annual Science Fair today from 4 to 6 p.m. in the school gym. Winners will be announced at 6 p.m.

### Emergency numbers

**Dial 911** when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.  
**Dial 554-4713** when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.  
On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.  
The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.





Post Worship Schedule

**Main Post Chapel**, Building 2200, 221-2754  
**Catholic services:**  
4:45 to 5:15 p.m. - Confessions - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays  
**Protestant services** - Sundays:  
8 a.m. - Traditional Protestant  
11 a.m. - Traditional Protestant  
**Jewish services:** 379-8666 or 493-6660  
8 p.m. - Fridays - Worship and  
8:30 p.m. - Oneg Shabbat

**Dodd Field Chapel**, Building 1721, 221-5010 or 221-5432  
**Catholic service:**  
12:30 p.m. - Mass - Sundays  
**Protestant services:**  
10:30 a.m. - Collective gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, child care is provided.  
**Samoan Protestant service:**  
12:30 p.m. - Sundays

**Brooke Army Medical Center Chapel**, Building 3600, 916-1105  
**Catholic services:**  
8:30 a.m. - Mass - Sundays  
11 a.m. - Mass - Sundays  
11 a.m. - Mass - weekdays

**Protestant services:**  
10 a.m. - Worship service - Sundays  
12 p.m. - Worship - Wednesdays

**AMEDD Regimental Chapel**, Building 1398, 221-4362  
**Troop Catholic Mass:** Sundays:  
11 a.m. - 32nd Med. Bde. Soldiers  
**Troop Protestant gospel service:**  
9:45 a.m. - 32nd Med. Bde. Soldiers - Sundays  
**Troop Protestant service:**  
8:30 a.m. - 32nd Med. Bde. Soldiers - Sundays

**FSH Mosque**, Building 607A, 221-5005 or 221-5007  
10:30 a.m. - Children’s religious education - Sundays  
1:30 p.m. - Jumma - Fridays  
7:30 p.m. - Adult religious education - Thursdays

**Evans Auditorium**, 221-5005 or 221-5007  
**Mormon service:**  
9:30 to 11:30 a.m. - Sundays

**Installation Chaplain’s Office**, Building 2530, 295-2096  
**Contemporary service:**  
11:01 a.m. - Sundays

**Web site:** [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)

Religious Happenings . . .

Chapel youth group

The Fort Sam Houston chapel youth group meets Sundays from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders, and is sponsored by the chapel congregations. The theme, “Where Faith and Life Meet,” is incorporated in fun activities, Bible applications and off-post events. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

PWOC weekly Bible studies

The Protestant Women of the Chapel invites women in the Fort Sam Houston community to weekly Bible studies at Dodd Field Chapel. The daytime study meets Wednesdays from 9:30 to 11:30 a.m.; and the evening study meets Thursdays at 6:30 p.m. Childcare is provided for both studies. For more information, call Lois Griffith at 226-1295 or visit <http://www.cs.amedd.army.mil/chaplain/Womensministry/>.

PWOC seeks homeschool moms

The Protestant Women of the Chapel invites women who homeschool their children to attend PWOC programs

Wednesdays from 9:30 to 11:30 a.m. at Dodd Field Chapel. For more information, call Jenifer Sones at 271-3174 or e-mail [jecsones@earthlink.net](mailto:jecsones@earthlink.net).

Officers’ Christian Fellowship

The Officers’ Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying “The Minor Prophets.” For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail [rgriffith3@satx.rr.com](mailto:rgriffith3@satx.rr.com) or [robert.griffith1@amedd.army.mil](mailto:robert.griffith1@amedd.army.mil).

Religious education training series

The latest class in the Protestant Religious Education Training Series, “Entertaining and Teaching with Questions,” will be held Sunday from 12:45 to 2 p.m. at Dodd Field Chapel. The class is open to all regardless of denominational preference. Childcare is available upon request. For more information, call Robb Wood at 221-5428 or e-mail [robb.wood@us.army.mil](mailto:robb.wood@us.army.mil).

Yaritza Villasana tearfully clings to her father, Sgt. Tim Villasana. Families and friends waited for their Soldiers for about seven hours at the Jimmy Brought Fitness Center.



Photos by Elaine Wilson

# National Guard Soldiers return from OEF deployment

By Cheryl Harrison  
Fort Sam Houston Public Information Office

About one year and seven hours after the originally scheduled arrival of the 111th Area Support Group, 133 Army National Guard Soldiers were reunited with loved ones at the homecoming ceremony Sunday at the Jimmy Brought Fitness Center.

The Soldiers, from locations throughout Texas, were returning from a deployment to Afghanistan in support of Operation Enduring Freedom.

The homecoming, originally scheduled for 3 p.m., was delayed, but a happy and tearful event nonetheless took place at 10:30 p.m. with brief remarks from Maj. Gen. Daniel

Densford, Texas Army National Guard.

"This will be short. I told them to pull the plug if I went over 15 seconds. We are happy to have this group of Soldiers home, and they are anxious to get back to their homes. Welcome back to Texas!" said Densford.

Once released, it was only a few seconds before the bleachers emptied and family and friends found the Soldier they were waiting to take home.

Seven-year-old Yaritza Villasana was so overcome with emotion she could only sob as her father, Sgt. Tim Villasana, held her in his arms.

Four-year-old Lauren Jones said, "I'm never letting daddy go!" as her father, Capt. Jeff Jones, held her and 2-year-old son, Alex, both of whom had their arms

tightly gripping his neck.

Kristie Buras, wife of Maj. Kevin Buras, could only describe the homecoming as, "It feels amazing!"

Spc. Shane Duffy had not only immediate family members and friends on hand to welcome him home, but the recruiter who introduced him to the military.

"I raised Shane from a 'puppy'," said Chief Warrant Officer Travis Evans. "His dad and I have been friends for 15 years. I not only enlisted him, I enlisted his brother as well."

Four-month-old Jackson Meller didn't blend into the surroundings with his camouflage onesie. Seeing his father for the first time since he was born not only made him cry, but his father, Sgt. Joseph Meller, and mother, Rhonda.

The 111th Area Support Group completed a one year tour of duty in support of OEF under Combined Joint Task Force 76, Southern European Task Force, Airborne. The 111th ASG provided base operations, force protection and civil military operations support in six locations in Afghanistan and one location in Uzbekistan. They also provided support to the local community in the form of humanitarian and civil assistance.

"The unit performed wonderfully," said Capt. Eric Johnson, company commander. "We conducted support of humanitarian missions including 110 tons of humanitarian assistance to villages throughout Afghanistan. It was a very successful tour for us."

Maj. Gen. Daniel Densford, Texas Army National Guard, welcomes the 111th Area Support Group Soldiers home.



Sgt. Joseph Meller and wife, Rhonda, comfort their 4-month-old son, Jackson, who is getting crabby after a seven-hour wait to see his father.





(Left) Grace Bednarz tells her father, Sgt. Nathan Bednarz, that she is now 5 years old at the 111th Area Support Group homecoming ceremony.



(Above) Spc. Shane Duffy joyfully hugs his mother, Dalis, during the 111th Area Support Group homecoming Sunday at the Jimmy Brought Fitness Center.



(Left) Sara Eldgridge clings tightly to her husband, Master Sgt. Michael Eldridge, just moments after his return.



Family members are overjoyed to see their loved ones, the Soldiers of the 111th Area Support Group, who were deployed to Afghanistan for a year.



Community Recreation

Boxing at the Brought II

Boxing returns to the Jimmy Brought Fitness Center March 18. The event will include amateur boxing by men and women, military members, local civilians and novice and sub-novice boxers. Bouts start at 6 p.m. Admission is \$3. An after party will be held at the Fort Sam Houston Bowling Center beginning at 10 p.m. In an effort to set up for the boxing event, the Jimmy Brought Fitness Center basketball court will be closed March 17 and 18. Additionally, the fitness center will close March 18 at 3 p.m. for general use, and re-open for boxing spectators at 5 p.m. For more information, call John Rodriguez at 221-1532 or 221-1234.



Health and wellness fair

A health and wellness fair will be held Wednesday from 10 a.m. to 1 p.m. at the Jimmy Brought Fitness Center. The fair is free and highlights include cholesterol screening, diabetes screening, proper weight training, nutritional information, raffle prizes and more. Participants who wish to have a cholesterol screening must fast 12 hours before the screening. For more information, call 221-2020.

Hike Government Canyon

A guided three to five mile hike will be held April 8 in Government Canyon. The cost is \$18 per person which includes transportation, lunch, guide, entrance fee and photos. The hike is open to ages 12 and older, and children under 18 must be accompanied by a parent or guardian. Sign up by March 31. For more information, call Jeffery

Heagerty at 221-5554 or e-mail jeffrey.heagerty@samhouston.army.mil.

Lifeguard class

The Jimmy Brought Fitness Center will sponsor a Red Cross lifeguard class from 8:30 a.m. to 5:30 p.m. each day. The class will be held April 1 and 2, and April 8 and 9. Participants must be 15 years old and up. Cost is \$165 and includes course materials and AED training. No Department of Defense ID card is required for this class. For more information or to register, call 295-8861 or 221-1234.

Federal tax forms

Federal tax and supplemental forms for 2005 are available at the Fort Sam Houston Library. Tax forms from previous years through 1997 are also available. For more information, call 221-4702.

Canyon Lake trailer renovations

The Fort Sam Houston Recreation Area at Canyon Lake will continue to have trailers available for rent through March 31. After this time, trailers are scheduled for renovation and construction. More information on the availability of future reservations will be available at the end of March. Only mobile homes will be affected by the construction: the marina, cabana and beach will not be affected. For more information, call (830) 226-5357 or (888) 882-9878.

Auto Craft Shop

The MWR Auto Craft Shop located at Building 2410, Funston Road, offers a six minute automobile vacuum for 50 cents. For more information, call 221-3962.

Outdoor Recreation volunteers

Outdoor Recreation seeks volunteers to assist with outdoor adventure programs. The programs include hunting, fishing, kayaking, canoeing, hiking, biking, camping, backpacking, horseback riding and other outdoor activities. To become an

Outdoor Recreation volunteer, call Jeffery Heagerty at 221-5554 or e-mail Jeffery.heagerty@samhouston.army.mil. Training certification courses are available.

Get fit

Stop by the Jimmy Brought Fitness Center to participate in one of the heart-pounding aerobics classes such as kick-boxing, karate, cardio step, body sculpture, seniors' fitness, super abs, stretching and cycling. For more information, call 221-2020.

Intramural sports

People interested in a team sport should consider joining an intramural varsity sports league. Participation in intramural sports enhances individual morale and unit esprit de corps, promotes teamwork and encourages individuals to reach high levels of physical fitness. For more information or to join, call 221-1180.

Dining and Entertainment

Sam Houston Club, 224-2721

Club membership special

Get the first month of membership free when becoming a Sam Houston Club member. Membership benefits include discounts on Sunday brunch, lower prices for weekly buffet lunch, valuable coupons for special events and a monthly newsletter.

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet, which includes beverage, deluxe salad bar, soup and dessert, Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for nonmembers.

Bingo

Play bingo every Thursday and Friday; doors open at 5 p.m., and Saturday, doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Bowling Center, 221-3683

Bowling championship

The Bowling Center will sponsor a free bowling championship April 8 and 9 starting at 12 p.m. on both days. Any five members of the same unit may form a team. There is no requirement to enter averages. The top two teams will be given individual awards. The registration deadline is April 3. For



more information or to register, call John Fryman at 221-3683.

'Bowl-A-Jam'

"Bowl-A-Jam" is Saturdays from 7 to 10 p.m. The cost is \$8 per person, which includes shoes and one order of fries per lane. Stop by for music and fun.

Golf Club, 221-4388

Get 10 lessons for \$150. Open to men and women of any level of experience. To register, call 355-5429.



Harlequin Dinner Theatre, 222-9694

The Harlequin Dinner Theatre presents "The Curious Savage," a comedy by John Patrick, Wednesday through Saturday evenings through April 1. Prices are \$26.95 Fridays and Saturdays and \$23.95 Wednesdays and Thursdays. Military discounts are available. The box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. Saturdays. For more information or to make reservations, call the Harlequin Dinner Theatre at 222-9694.

MWR Ticket Office, 226-1663

Tickets are available for the 48th Annual Ebony Fashion Fair March 26 at 5 p.m. in Laurie Auditorium, Trinity University. Season passes to Fiesta Texas, Disney World and Universal Studios are available. For more information, call 226-1663 or 224-2721.

Child and Youth Services



Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician's signature affixed, child's Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. Central Registration takes walk-ins and appointments. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and

the computer tech club. Youth must be registered with Child and Youth Services. The annual fee is \$18, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. For more information, call the Youth Center at 221-3502.

Open recreation

School Age Services will offer open recreation the second and fourth Saturday of each month from 2 to 6 p.m. in Building 1705. Activities include computers, arts and crafts, table and board games, gym activities and special events. All children must have a current Child and Youth Services registration pass. Parents must sign children in and out of the School Age building. For more information, call School Age Services at 221-4466.

Basketball registration

Basketball registration is ongoing. Players and coaches are needed. For more information, call the Youth Sports Office at 221-5513.

Girls' basketball needs players

Youth Sports still has openings in the 13- to 14-year-old girls' basketball team. The cost is \$45. For more information, call Youth Services at 221-3502 or 221-5513.

Piano lessons available

Piano lessons will be offered Monday through Saturday from 3:30 to 8 p.m. The cost is \$60 per month for four 30-minute lessons. Classes are for ages 6 to 18 and children must be registered with Child and Youth Services. For more information or to sign up, call 221-4871 or 221-9613.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council

will meet March 21 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. Family Advocacy will provide a workshop on child abuse prevention. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, learn of upcoming events and attend parent education opportunities.

Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can call Central Registration at 221-4871 or 221-1723. Preschool is Monday through Friday from 9 a.m. to 2 p.m. Fees are based on total family income.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider's philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

CDC waiting list

To remain on the waiting list for the Child Development Center parents are advised to check their status every 90 days. To check status, call the Child and Youth Services Central Registration office at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.



Events

Annual Tour of Homes

The Fort Sam Houston annual Tour of Homes will be held April 1 from 10 a.m. to 3 p.m. Tickets are \$10, or \$15 on the day of the tour. Tickets are available Saturday and March 25 from 10 a.m. to 2 p.m. at the Post Exchange, commissary and Golf Club. Tickets are also available at the Officer and Civilian Spouses’ Club luncheons. For more information, call Liz Schreckhise at 270-2114 or Licia Rothfuss at 222-9464.

Fisher House Golf Tournament

The annual Fisher House Golf Tournament at The Dominion Country Club will be held April 10; tee time is 1:30 p.m. Tournament cost is \$110 per person, and includes green fees, cart fee, box lunch and dinner, T-shirt and assorted prizes. For more information, call Ellyn Gilbert at 481-1161 or Irene Meadows at 403-0199.

ACAP semiannual military job fair

The San Antonio Military Community Job Fair will be held March 22 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road. The fair is sponsored by the Army Career and Alumni Center, the Family Employment Readiness Program, local U.S. Air Force base transition and career focus programs, the Texas Workforce Commission and the Department of Labor for “VETS.” More than 100 employers are expected. The event is free and open to the public.

Stieren Arts Enrichment Series

Trinity University presents Libby Larsen, one of America’s most performed living composers, March 23 and 24 at 8 p.m. in the Ruth Taylor Recital Hall. March 23, her presentation will be on “The Future of the Concert Hall in America.” The presentation will be preceded by a concert of her chamber music performed by Trinity faculty and students. March 24, Larsen will speak on “The Future of the Concert Hall in America.” The Trinity Chamber Singers will also perform during her presentation. Both events are free and open to the public. For more information, call 999-8212.

‘Glitz and Glamour’ fashion show

The Officer and Civilian Spouses’ Club will sponsor an American Vintage Company fashion show during a luncheon March 21 at 11 a.m. at the Sam Houston Club. Join the fun by wearing vintage fashions. R.S.V.P. to Sigrid Reitsstetter at 226-8806 or e-mail sigrid.reitsstetter@amedd.army.mil. All reservations and cancellations are required by March 17 at 12 p.m.

‘Hoop it Up’ national basketball tour

Team Championships International will sponsor the “Hoop it Up” three on three basketball tour March 25 and 26 from 9 a.m. to 5 p.m. at the Alamodome, 100 Montana St. Basketball players of all ages and abilities can participate. The event is free and open to the public. “Hoop it Up” offers 36 divisions for male, female and coed teams. This tour affords an opportunity to qualify for the 2006 World Championships hosted by Disney’s Wide World of Sports Complex in Florida. Registration deadline is March 20 at 5 p.m. For more information or to register, call (888) 997-PLAY (7529) or visit www.HoopItUp.com.

Irish heritage day

The Irish Cultural Society will host an Irish Heritage Day Sunday from 12 to 5 p.m. at the Loftin Student Center, San Antonio College, 1300 San Pedro Ave. The event will include Irish dancers, live music by Boru, Black Bexar Pipe Band, Irish Harper Doc. Grauzer, and a kids’ corner. The event is free and open to the public. For more information, call Maura Ciarrocchi at 655-7291.

St. Patrick’s Day dance

The Irish Cultural Society will host a St. Patrick’s Day dance March 25 from 7:30

p.m. to 12:30 a.m. at the Knights of Columbus Hall, 6909 Camp Bullis Road. The event will feature the Noel Henry’s Irish Show band. Cost is \$15 per person. For more information and to make reservations, call Kay Delaney at 342-5334.

Walker Ranch Park walk

The Randolph Roadrunners Volksmarch Club will host a 5K and 10K walk through the Walker Ranch Historic Landmark Park and Harmony Hills neighborhood Saturday, starting at Panchito’s Mexican Restaurant at 12403 West Ave. For more information, call Ellen Ott at 525-8574 or e-mail ellenotter@cs.com.

Poteet Country Winery walk

The Selma Pathfinders Volksmarch Club will host a 10K walk March 18, starting at the Poteet Country Winery, 400 Tank Hollow Road, in Poteet, Texas. For more information, call Phyllis Eagan at 496-1402 or visit www.geocities.com/Yosemite/Gorge/8195/.

Senior Games of San Antonio

The Barshop Jewish Community Center will host the 2006 Senior Games of San Antonio from March 31 to April 9. Save \$5 by registering before Friday. The registration fee is \$20 and applications can be obtained at the Barshop JCC, all Wellmed Medical Management and Barnacle Bill’s locations, and most bowling alleys, cycling shops and running stores or register at www.saseniorgames.com. Applications must be received by March 24. For more information, call the Senior Games Hotline at 302-6820.

San Antonio Poetry Fair Contest

University of Texas, San Antonio announces the ninth San Antonio Poetry Fair Contest for ages kindergarten through adult. Entry deadline is June 3. Contest winners will win publication in the UTSA anthology, cash and trophies. The presentation ceremony will be held Oct. 14 at the UTSA’s Buena Vista Theater (downtown campus). For entry forms, visit www.hometown.aol.com/sapoetryfair. For more information, e-mail Billie Stroud at billiestro@aol.com or Sheila Moore at smoore2942@aol.com.

San Antonio Symphony

For a special San Antonio Symphony ticket offer, purchase two concerts tickets, get a third one free. Active or retired military can present a military ID card at the box office starting two hours before each concert and receive a 50 percent discount on the ticket price. Offer is good for new orders and for a limited time only. For tickets, call 554-1000, ext.152, or 554-1010. For more information and upcoming events, visit www.sasymphony.org.

Vet Center offers free counseling

The Department of Veterans Affairs Vet Center in San Antonio offers free, confidential counseling sessions to combat veterans and their families. Sexual trauma counseling also is available to veterans who experienced sexual assault or harassment while on active duty. Veterans must have a DD Form 214 as proof of eligibility. Walk-ins are welcome. For more information, call the center at 472-4025, visit www.va.gov/rcs or stop by the Vet Center at 231 W. Cypress, next to San Antonio College.

Meetings

AER Fund Campaign

An Army Emergency Relief meeting for project officers and key workers for the 2006 AER Fund Campaign will be held March 21 at 10:30 a.m. at the Roadrunner Community Center, Building 2797, Stanley Road. Details for conducting the campaign will be discussed, and campaign materials will be distributed at that time. Selected project officers and key workers should report to the AER office no later than Wednesday. For more information, call 221-1612.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Micaela Reyes at 221-8947.

Training

MBA briefing

The Army Career and Alumni Program Center will host a master of business administration briefing March 20 at 1 p.m. at Building 2263, Room B-100, on Stanley Road. The Graduate Management Admission Council®, who administers the Graduate Management Admission Test®, will provide a briefing and a question and answer session. Learn about the unique value of a MBA in a military career and as a bridge to civilian employment, and how to select and finance an MBA program. Refreshments will be provided. The event is free and open to family members and civilians. For more information, e-mail Cyn Chegwiddden at cchegwidden@gmacc.com.

ACAP Pre-Job Fair workshop

The Army Career and Alumni Program will sponsor a Pre-Job Fair workshop, Monday at 9 a.m. in Building 2263, Room B-100, on Stanley Road. For reservations and directions to the classroom, call 221-1213.

ACS Pre-Job workshop

The Army Community Service will sponsor a Pre-Job Fair workshop March 20 from 9 a.m. to 11 a.m. in Building 2797, on Stanley Road. For more information and reseravations, call 221-0427 or 221-0516.

Annual HIV education

All units on Fort Sam Houston and Camp Bullis must attend HIV education. To schedule the one-hour class starting in April, call Army Public Health Nursing at 295-2326.

Free computer training

The Family Employment Readiness Program offers self-paced computer training on the following software Outlook, PowerPoint, Excel, Word, Windows XP and Typing/10 Key, (available in Spanish), QuickBooks, Clerical Skills Customer Service and Access. Classes are available Mondays through Thursdays in the Roadrunner Community Center, Building 2797. Participatants must have a military or dependant ID card to register. For more information, call 221-0427 or 221-0516.

Job assistance

The Family Employment Readiness Program can help people find a better job with a variety of job assistance such as career assessment, resume and interviewing preparation and computer learning, which will help people become more marketable. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427 or visit Roadrunner Community Center, Building 2797, Stanley Road.

AFTB offers Level II, III training

Army Family Team Building offers AFTB Level II and III training Tuesdays and Thursdays through March from 6 to 9 p.m. at the Roadrunner Community Center, Building 2797. Students learn interpersonal skills, how to develop relationships and leadership skills. Drinks and snacks will be provided. For reservations, call 221-2705 or 221-2418.

Fort Sam Houston contractors

Contractors can list their jobs, Web site, e-mail or local representatives by telephone number or address with the Fort Sam Houston Army Career and Alumni Program Center free of charge. The ACAP Center services transitioning service members,

Department of Defense civilian employees and family members. For more information, call the ACAP Center at 221-1213 or e-mail acap.samhouston@serco.com.

Range Safety Officer class

The Range Safety Officer class is held Fridays from 1 to 3 p.m. in Building 6107, Room 1A, at Camp Bullis. People should reserve a seat in advance. For more information or to arrange for training on another day, call Mabel Rodriguez at 295-7616 or e-mail mabel.rodriguez@samhouston.army.mil, or Patricia Jennings at 295-7686 or e-mail patricia.jennings@samhouston.army.mil.

Interviewing workshop

The Family Employment Readiness Program will sponsor an interviewing skills workshop Wednesday at the Roadrunner Community Center, Building 2797. For more information, call 221-2705.

416th IMA Detachment openings

The 416th Individual Mobilization Augmentee Detachment has openings for all ranks. The unit provides training opportunities for Individual Ready Reserve and IMA Soldiers to earn retirement points to achieve creditable years of service toward retirement Thursday evenings. For more information, call Col. John Daly 859-9214 or e-mail john.daly1@us.army.mil.

University of Phoenix representative

The University of Phoenix online representative Eric Hager will visit the Fort Sam Houston Education Center, Building 2248, Room 201, April 4 from 10 a.m. to 2 p.m. For more information or to sign up, call 221-1738, Eric Hager at (602) 421-4491 or e-mail eric.hager@phoenix.edu.

USAA clinic

The Family Employment Readiness and Army Career and Alumni Program office will host a clinic with a USAA recruiter March 31 from 8 to 10 a.m. at the Roadrunner Community Center. A valid military or dependent ID card is required; bring resume. A USAA recruiter will be available until 12 p.m. for those who are unable to attend the clinic. No reservations are required for this session. For more information and reservations, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Volunteer

Study seeks effects of deployment

Lt. Col. Mona Ternus, a reserve nurse and a professor at the University of New Mexico, College of Nursing, is conducting a study to identify issues associated with deployment and military mothers of adolescent children. Women who deployed between January 2003 and June 2005, with an adolescent between the ages of 12 to 18, can visit the following Web site to participate in this research: http://hsc.unm.edu/consg/ternus/Invitation.htm. The survey is anonymous and takes about 30 minutes. A certificate will be issued at the end of the survey. To participate in the study or for more information, call Lt. Col. Ternus at (505) 272-4142 or e-mail mternus@salud.unm.edu.

Wilford Hall conducts vascular study

The vascular surgery service at Wilford Hall Medical Center has been chosen to participate in a national trail looking at the effectiveness of “Stent Graft” treatment of abdominal aortic aneurysms versus standard open repair. The trail is named “Positive Impact of Endo Vascular Options for Treating Aneurysms Early,” or PIVOTAL. The study will evaluate patients diagnosed with small aneurysms to see if there is an advantage to treating the aneurysms at an earlier or smaller stage. The study will last for about five years and will closely follow both groups of patients during this time. For more information, call the Wilford Hall Vascular and Endovascular Surgery clinic, at 292-5924.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail to **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



**For Sale:** Care Bear full size sheet set, \$10; black recliner/glider with ottoman, \$65. Call 697-9261.

**For Sale:** Contemporary Ashley sofa, sage green with off-white piping, new, \$250 obo. Call 875-5890.

**For Sale:** Seven-piece cherry wood dining room set, table, six chairs and cabinet, \$1,500 obo; sofa and love seat, \$500 obo; cherry wood coffee table, \$250; two cherry wood end tables, \$125 each, obo. Call Debra at 650-4973.

**For Sale:** 1998 Harley Davidson XL Sportster Hugger motorcycle, low mileage, \$5,000 obo; pool table, one piece slate, \$800 obo. Call 299-1477.

**For Sale:** Stroller, \$10; bowling ball, \$5; corner TV cabinet, \$85; small rocking

chair, \$20. Call 656-7840.

**For Sale:** Washer and dryer, \$99 each; VCR, \$15; 10-cup coffee maker, \$10; computer desk, \$25; girl’s bike, \$35. Call 214-1291.

**For Sale:** Two-inch receiver hitch with hardware, fits 1994 or present Ford Ranger, best offer. Call 221-1020 days or 494-8401 evenings.

**For Sale:** 1987 Honda Civic, \$600 obo. Call 861-9883.

**For Sale:** Swivel executive chair, \$75; rugs, 8 feet by 10 feet and 6 feet by 8 feet, \$175 and \$95; two stained glass windows with hummingbird design, \$190; Swarovski chandelier, \$1,900. Call 262-3892.

**For Sale:** VHS Xena series, season

one through six, \$50 obo; inversion chair, \$50; DeLonghi dehumidifier, \$40; rat terrier puppies, male, eight weeks old, \$100. Call (830) 372-4148 after 6 p.m., leave message.

**For Sale:** White wicker desk, \$60; area rug, 5.5 feet by 7.5 feet with red, blue, beige and off-white colors, \$50; area rug, 8.5 feet by 10.75 feet, wool weave in light blue border with beige and light browns, \$150; four-wheel adjustable walker with hand brakes, seat and basket, \$100; 24-inch color TV in wood cabinet and rotating base, \$50. Call 495-2296.

**For Sale:** Wood futon with dark blue cushion, \$100. Call 373-7095.

**For Sale:** Futon with wooden frame,

deluxe mattress and two matching pillows, \$375. Call 946-4530.

**For Sale:** Table with six chairs, \$150; Full size wooden bar, \$150; Nintendo GameCube, \$100; two wood bar stools, \$30. Call 650-0337.

**For Sale:** Washer and dryer, \$100; sofa and love seat, \$100; full size mattress and box springs, \$100; freezer, \$50; three scooters, \$5 each. Call 221-5806 days or 828-3910 evenings.

**For Sale:** Boy’s 16-inch Spiderman bike, girl’s 20-inch pink misty bike, \$25 each. Call Juan at 363-5629.

**Wanted:** 12-foot trailer. Call 221-5806 days or 828-3910 evenings.

**Wanted:** Twin bunk bed with mattresses. Call 373-7095.